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DAYTIME QUEEN

QUEEN LATIFAH DEBUTS HER TALK SHOW THIS FALL WITH THE GOAL OF CREATING A SPACE WHERE PEOPLE 'CAN CHILL, OPEN UP AND BE REAL' PAGE 13

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DANGER FROM ABOVE

Regina police blocked off an area surrounding the Mosaic Potash Tower on Monday afternoon after glass from a broken window fell from the downtown highrise's upper floors. While a section of 12th Avenue and its sidewalks were cleared of traffic and pedestrians, a worker, inset, went up the tower to repair the damage. MARCO VIGLIOTTI/METRO

Death of boy, 6, at First Nation ruled a homicide

Autopsy performed on Friday. RCMP say injuries sustained resulted in death, consistent with assault

MORGAN MODJESKI
Metro in Saskatoon

The death of a six-year-old boy at a southeastern Saskatchewan First Nation has been ruled a homicide.

The body of Lee Bonneau was discovered at about 10:21 p.m. on Aug. 21 at Kahkewistahaw First Nation, east of the town of Broadview, shortly after he was reported missing to RCMP earlier that evening.

Bonneau was last seen at about 8:30 p.m. playing with his dogs near the Kahkewistahaw Education and Sports Complex. His body was later found near a tree line at the First Nation and his death was deemed suspicious.

RCMP spokeswoman Natalie Gray said on Monday that the injuries sustained by Bonneau were consistent with an assault and that police are investigating the case as a homicide.

"The injuries that Lee sustained during the assault were serious enough to lead to his death," Gray said.

"What we are doing right now is investigators are working to determine what took place during Lee's last few hours, (and) we're interviewing anyone who may have seen or been in contact with him."

Gray explained that RCMP are examining evidence collected during an autopsy and the investigation at the reserve. Mounties are asking anyone from the community who may have information about Lee's death to come forward.

"With a file like this," she said, "we always welcome information from the community, and we're asking anyone who may have seen Lee or been in contact with him during his last few hours to contact Broadview RCMP or Crime Stoppers."

Support available

RCMP pointed out that such tragic incidents can have a widespread impact on a community, and noted they're grateful for support available to families involved through the Yorkton Victims Services office.

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Lone councillor speaks out against Vote No campaign

City referendum.
Regina campaign has a $340,000 price tag

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The decision

The referendum will decide whether city hall constructs a more than $220-million wastewater plant in conjunction with a private firm and with some federal funding assistance, or whether it takes on the project alone.

With all the controversy surrounding the City of Regina referendum campaign, there is one councillor who is publicly disagreeing with the city pushing a Vote No stance.

Ward 3 Coun. Shawn Fraser is the only councillor to say during a city council meeting — and through his Facebook page — that although he agrees with the P3 funding structure and the referendum that council voted unanimously on, he opposes the Vote No campaign on the upcoming referendum.

"There is a subtle difference between informing people, educating people and engaging people on what the ramifications are of either side winning and explicitly telling people how to vote," said Fraser, who was elected in October.

Fraser, who has stood alone before against the other 10 councillors and mayor in decisions, said that although the council voted on the type of referendum and the cost, they did not have the option to vote on the campaign or how much money would be put toward it.

"Had the council voted on it, it's not an approach I would support," said Fraser, adding that many of the city's campaigns do not have to go through council.

Fraser also noted that through talking with citizens, he feels the city's campaign might be doing more harm than good — especially considering the $340,000 price tag on the Vote No campaign, which is separate from the $100,000 allocated to inform people where and how to vote.

"If it is a 'yes' vote and we have spent all this money on a 'no' side — is that sort of like the city losing the vote?"

Ward 3 city councillor Shawn Fraser is against the decision to run a Vote No campaign on the wastewater treatment referendum. ALYSSA MCDONALD/METRO

Police arrest suspects in Canada-wide fraud spree

A recent set of arrests in Saskatoon could mean justice for potentially hundreds of Canadians.

Two Vancouver men are facing charges of fraud and theft after they were found in possession of a number of stolen pin pads, which police believe came from across Canada.

A release from the Saskatoon Police Service (SPS) explained that on Aug. 22, a patrol officer saw a van that matched a description of a vehicle involved with pin-pad theft in Manitoba parked at 21st Street and 4th Avenue.

Inside, officers say they found a sleeping 33-year-old Paul Joseph Nicholas Bell and a number of pin pads and credit cards. A second man, 54-year-old Eric Thomas Cleland, was also arrested after he was located at a nearby bar in possession of a stolen pin pad from Regina.

Staff Sgt. Keith Briant, who heads the Saskatoon Police Service's Economic Crime Unit, said while the two men are facing about eight charges in Saskatoon, they could be facing hundreds of charges across the country.

"This is an across-Canada investigation ... this goes from Vancouver right out to Ontario," said Briant, noting the SPS has received calls from police services in Winnipeg and Regina.

"The pin pads in question here, they're valuable for the data they contain," Briant explained.

Police believe the two men would travel from city to city stealing wireless pin pads from a restaurant or bar, then taking the pin pads and extracting information from the devices onto a laptop computer. The data would then be sold on the black market resulting in unauthorized transactions — sometimes in California — for the legitimate cardholder.

MORGAN MODJESKI/METRO IN SASKATOON

Souls Harbour

Mission hits the roof to pay for guests

Regina residents shouldn't be alarmed if they happen to notice peculiar rustling from the roof of the Souls Harbour Rescue Mission in the North Central area.

Souls Harbour executive director Joe Miller will spend four nights this week camping on the roof of the Dewdney Avenue building to raise funds for the mission, and to try to spread the word about Regina's homelessness issues.

"This is the third year for me going up on the roof," Miller told Metro on Monday, before ascending the small building where he had brought a tent and a porta-potty to the top.

Held in conjunction with national Homelessness Awareness Week, Miller's rooftop quest will aim to "raise" 2,000 nights worth of shelter at Souls Harbour — where the cost of hosting an individual for a night is about $24.

Joe Miller's campaign had raised enough money Monday to cover the costs of an individual spending 124 nights at Souls Harbour. MARCO VIGLIOTTI/METRO

While many might view shelters as long-term lodgings for the chronically unemployed, and those suffering with addictions and mental illness, Miller maintains that the face of homelessness in Saskatchewan has changed.

Rather, he said, growing contingents of "working poor" are seeking refuge at the mission as the city's skyrocketing rental prices make housing increasingly unaffordable.

"We are seeing people that work for a living — minimum-wage jobs, lower-paying jobs," he said. "(They're) trying to find a way to pay the rent on an apartment so they have a safe place to stay."

MARCO VIGLIOTTI/METRO

Planning

City tries to smooth traffic with new signal-light timing

Looking to ease congestion along the Victoria Avenue corridor in Regina's booming east end, the city has adjusted the timing of the area's traffic signals.

"We are changing our signal-timing plan to better reflect the latest traffic counts," Ravi Seera, the city's traffic manager, told Metro on Monday.

"This means we will be able to make the traffic flow a lot better."

Since 2009, traffic has risen "eight to 10 per cent" in the area, Seera said, noting that the largest increase has been seen from University Park Drive to Ring Road.

Responding to the increased volumes, the city has adjusted its signals to correspond with particular times of the day — from the bustling late-afternoon commute to off-peak hours later.

For example, many commuters drive toward downtown during the morning rush, so the signals give priority to westbound traffic.

In the evenings, when the bulk of commuters are heading away from the city centre, the signals are tweaked to prioritize eastbound vehicles.

Only two weeks have passed since the city made the adjustments. Seera said traffic has been flowing "very well" — even with restrictions on Arcola Avenue and Ring Road, and with Victoria's increased volumes.

"If everyone is following the posted speed limit, there should be minimal disruptions in traffic," he added.

While refusing to comment specifically on Regina's growing traffic congestion, the Saskatchewan chapter of the Canadian Automobile Association is reminding drivers to always be cautious.

"CAA can remind motorists to take safety precautions when they're venturing out on our roads," spokeswoman Christine Niemczyk said by email. MARCO VIGLIOTTI/METRO

Business owner cleans up with frisky loofah advertisement

Buzz. Uncle Mike's All Natural Products has fun with Saskatchewan backwoods stereotype while 'finding beauty' in the province

MORGAN MODJESKI
Metro in Saskatoon

A Saskatchewan business owner says he's been reaping the rewards of a risky advertisement for his soap company.

The ad for the Loofah on a Stick by Uncle Mike's All Natural Products depicts a bearded man bathing in a backwoods pond, with the words "Welcome to Saskatchewan" appearing above him in an elegant font.

The ad quickly gained popularity and made it to the front page of Reddit.com's Saskatchewan subreddit just three days after being submitted.

While one redditor expressed disdain for the ad, posting "Stay classy Saskatchewan" on the image, Mike Zimmer, the owner of Uncle Mike's All Natural Products and the person featured in the photograph, says he's been getting nothing but positive feedback from others who have seen it.

"It's all about the idea of being happy with who we are, and finding beauty in what we have," said Zimmer.

"We don't have the mountains, we don't have an ocean, but we do have prairies and we do have lakes. Saskatchewan has its own beauty.

"Sometimes people don't see that coming from other provinces or countries, because it's a pretty flat province … but it's about finding beauty in the simple, in the natural and in the elements."

When asked whether the ad depicts Saskatchewanians in a negative fashion, he said that was never his intent.

"I would hope not. Obviously that was not the intention at all. For me, I'm a pretty fun-loving guy and the responses I've been getting … are that it's been really well-received. People are really liking the image," said Zimmer.

Tourism Saskatchewan's director of marketing, Jonathan Potts, said they would not comment on the ad.

Mike Zimmer, business owner of Uncle Mike's All Natural Products, inset, says his ad depicting a man bathing in a backwoods pond with the words "Welcome to Saskatchewan" hovering above the image was never intended to offend. CONTRIBUTED; INSET: MORGAN MODJESKI/METRO IN SASKATOON

Diabetes a '24-7' preoccupation for Roughrider

John Chick METRO

Saskatchewan Roughrider John Chick believes in dreams, even while tackling a life-changing disease.

The six-foot-four defensive end is a Type 1 diabetic, meaning he needs insulin to stay alive.

"Most people just know me as a football player, but it's something I deal with. I wear an insulin pump both on and off the field," said Chick.

"It's a 24-7 disease and it's hard to handle."

The pump Chick wears is about the size of a cellphone. A thin tube runs from the pump to what is called the infusion site — the spot on the body where a tiny plastic catheter goes under the skin and delivers a steady amount of insulin.

"The machine itself is just in the waistband of my shorts, my undershorts," he said.

Chick was diagnosed as a diabetic when he was 14.

"It definitely put doubt in there at first.... You get the 'Why me?'" he said.

Family support was key. It helped him pursue his dream.

Chick is part of the Sun Life Financial Kick Diabetes campaign. In partnership with the CFL, Sun Life will make a $101 donation to the Juvenile Diabetes Research Foundation every time a successful field goal is kicked during the regular season, up to $40,000.

Chick says living with diabetes has been a growing process, "a few steps up, a couple steps back sometimes." But he believes in being persistent and wants to share that story.

THE CANADIAN PRESS

It's the Bell Back to School Event!

UN experts inspect scene of alleged chemical attack in Syria

Damascus. Team collects samples, conducts interviews after surviving sniper attack on way to site

UN experts collected samples and testimony from Syrian doctors and victims of an alleged chemical weapons attack Monday following a treacherous journey through government and rebel-held territory, where their convoy was hit by snipers.

As U.S. officials said there was very little doubt that Syria used chemical weapons and Western powers stepped up calls for swift military action, President Bashar Assad's government vowed to defend itself against any international attack, warning that such an intervention would ignite turmoil across the region.

Snipers opened fire on the UN convoy, hitting one of the vehicles carrying a team on its way to investigate the Aug. 21 incident.

Martin Nesirky, a spokesman for UN Secretary-General Ban Ki-moon, said one of the UN vehicles was "deliberately shot at" in the buffer zone between rebel- and government-controlled territory, adding that the team was safe.

Activists said the inspectors eventually arrived in Moadamiyeh, a suburb of Damascus and one of the areas where the alleged chemical attack occurred.

In videos uploaded by the Moadamiyeh media office, UN inspectors were seen interviewing hospital patients. THE ASSOCIATED PRESS

In this image taken from amateur video posted online, a presumed UN staff member appears to measure and photograph a canister on Monday in the suburb of Moadamiyeh in Damascus, Syria, where the Syrian regime allegedly used chemical weapons. UN experts collected samples and testimony from doctors and victims of the alleged attack on Monday following a treacherous journey through government and rebel-held territory. MOADAMIYEH MEDIA OFFICE/THE ASSOCIATED PRESS

'Dangerous new phase'

"Canada believes the only way to halt the bloodshed in Syria is through a political solution.... However, we understand that this solution is becoming more and more difficult as the crisis enters a very dangerous new phase."

Foreign Affairs Minister John Baird, who called Monday's attack on a UN convoy "absolutely abhorrent."

Evidence of attack is 'undeniable': Kerry

U.S. Secretary of State John Kerry declared Monday that there was "undeniable" evidence of a large-scale chemical weapons attack in Syria, toughening the Obama administration's criticism of President Bashar Assad's regime and outlining a justification for possible U.S. military action.

Kerry, speaking to reporters at the State Department, said last week's alleged attack was a "moral obscenity" that "should shock the conscience" of the world.

"The indiscriminate slaughter of civilians, the killing of women and children and innocent bystanders by chemical weapons is a moral obscenity. By any standard, it is inexcusable and ... it is undeniable," said Kerry, the highest-ranking U.S. official to confirm the attack in the Damascus suburbs that activists say killed hundreds of people.

"This international norm cannot be violated without consequences," he added. THE ASSOCIATED PRESS

Syria's ally responds

Russia: No proof regime responsible

Nations calling for military action against Syria have no proof the Syrian government is behind an alleged chemical weapons attack, Russian Foreign Minister Sergei Lavrov said Monday.

Lavrov said the countries have assumed the role of "both investigators and the UN Security Council" in probing the incident. THE ASSOCIATED PRESS

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UN says U.S. has some explaining to do over allegations of spying

The United Nations said Monday that it will contact the United States about reports that the National Security Agency hacked UN internal communications, and the world body emphasized that international treaties protect its offices and all diplomatic missions from interference, spying and eavesdropping.

The German magazine Der Spiegel reported Sunday that documents it obtained from American leaker Edward Snowden show the NSA secretly monitored the UN's internal video conferencing system by decrypting it last year. In three weeks, Der Spiegel said, the NSA increased the number of decrypted communications at the UN from 12 to 458.

Der Spiegel also reported that the NSA installed bugs in the European Union's office building in Washington and infiltrated the EU's computer network.

UN spokesman Farhan Haq said Monday that the United Nations will "reach out" to U.S. officials about the reports of eavesdropping, as it has in the past when such allegations have been raised.

Haq added that "the inviolability of diplomatic missions, including the United Nations and other international organizations, whose functions are protected by the relevant international conventions like the Vienna Convention, has been well-established international law."

THE ASSOCIATED PRESS

Vienna Convention

The 1961 Vienna Convention regulates diplomatic issues and status among nations and international organizations.

- Among other things, it says a host country cannot search diplomatic premises or seize its documents or property.
- It also says the host government must permit and protect free communication between the diplomats of the mission and their home country.
- However, wiretapping and eavesdropping have been rampant for decades, most dramatically between the United States and the Soviet Union during the Cold War.

Indonesia

Top clerics call for Miss World pageant to be cancelled

One of Indonesia's most influential Islamic groups is urging the government to cancel the Miss World pageant scheduled for next month, saying the exposure of skin by women in a competition violates Muslim teachings, an official said Monday.

Top-level clerics met this month to respond to protests from some groups over Indonesia's hosting of the event, even after organizers agreed to cut the bikini competition and outfit contestants in more conservative sarongs, Indonesian Ulema Council chairman Amidan Shaberah said.

The pageant is scheduled to be held partly on the resort island of Bali, with the final round on Sept. 28 near the capital, Jakarta.

Adjie S. Soeratmadjie of RCTI, the official broadcaster and local organizer of the event, meanwhile said that Miss Israel had dropped out of the competition, but declined to give the reason.

THE ASSOCIATED PRESS

A poster hangs in an open, wooden, garage-style "sex box" in Zurich, Switzerland, that officially opened for business Monday. Zurich is experimenting with the drive-in facilities to relocate prostitution. JOHN HEILPRIN/THE ASSOCIATED PRESS

Zurich thinking inside the box

Drive-in 'sex boxes'. Swiss city experiments with ways to move prostitution away from busy downtown area

No car, no sex.

That's the rule for an experiment Zurich launched Monday to make prostitution less of a public nuisance and safer for women.

Switzerland has long been famous for its mountaineering, chocolate and precision watches, but a lesser known aspect is its legal prostitution since 1942, for which its largest city is one of the main centres in Europe.

Fashionably teak-coloured open wooden garages, popularly called "sex boxes" by the Swiss media, will be open for business for drive-in customers. The several dozen sex workers who are expected to make it their new hub will stand along a short road in a small, circular park for clients to choose from and negotiate with.

The publicly funded facilities — open all night and located away from the city centre — include bathrooms, lockers, small café tables and a laundry and shower. Men won't have to worry about video surveillance cameras, but the sex workers — who will need a permit and pay a small tax — will be provided with a panic button and on-site social workers trained to look after them.

On Saturday several hundred residents, including many women, flocked to the only "open house" that Zurich will offer to give the public a better idea of how its taxpayer money has been used.

Most of the visitors said they came out of curiosity and haven't really come to terms with the idea, but hope it will at least improve safety. Others were amazed and a bit amused that a whole group of strangers would spend a rainy afternoon openly discussing professional sex.

THE ASSOCIATED PRESS

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Mac Harb resigns from Senate, giving Liberals a clean slate

Senate scandal. Harb borrows $230,000 to pay back the entirety of his disputed expenses

Veteran Liberal politician Mac Harb handed his former caucus a gift just before its annual summer retreat, resigning from the upper chamber and paying back all his questionable Senate expenses.

That now leaves only three former Conservative senators hanging on in the red chamber, despite pressure to resign over a raft of inappropriate financial claims and connected police probes.

Liberal Leader Justin Trudeau had faced criticism from his rivals for saying he would welcome Harb back into the caucus once he settled the issue of his living expenses.

That problem appears to have been solved in time for the Liberal get-together beginning Tuesday in P.E.I., where financial transparency will be the main focus.

Harb had been fighting the Senate in court over its assessment that he had improperly claimed to be living primarily in a home outside the National Capital Region. That complicated legal battle has been abandoned.

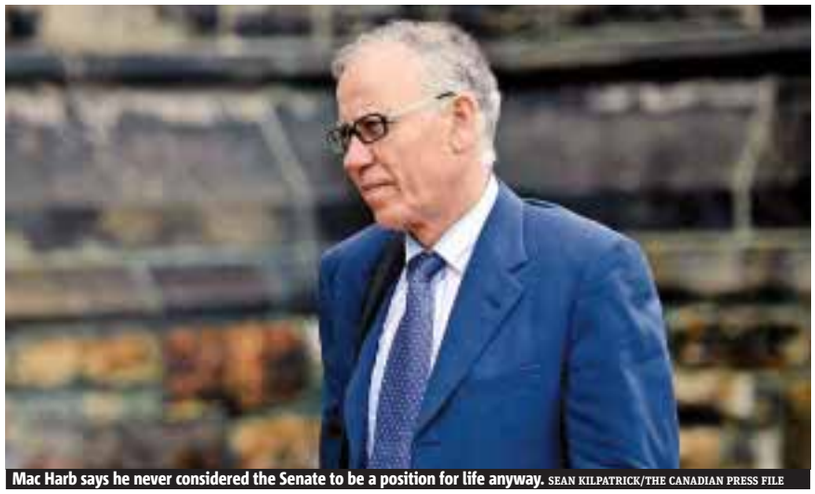
"I have been contemplating retirement for some time as I personally never considered the Senate to be a lifetime position," Harb said in a statement on Monday.

"These past few months have been extremely difficult for me and my family and caused me to evaluate what more I could contribute in the circumstances."

Harb says he sent the Senate a cheque for $189,166, bringing his total reimbursement to $231,649 or the entirety of his living-related expenses.

Records show Harb has borrowed $230,000 by using mortgages against four properties to get loans from a numbered company owned by an Ottawa lawyer and businessman.

The Canadian Taxpayers Federation quickly pointed out that Harb will still be able to draw from healthy MP and Senate pensions now that he has retired. THE CANADIAN PRESS



Mac Harb says he never considered the Senate to be a position for life anyway. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Tories must pay for audits: Mulcair

NDP Leader Tom Mulcair says the Conservative party should pick up the costs associated with auditing a pair of former Tory senators who filed improper expense claims.

Mulcair made the comments Monday as he highlighted his "Roll up the Red Carpet" tour, part of a campaign to publicize his party's support for Senate abolition.

The campaign opened in May, with the first stop of the tour in P.E.I., home province of embattled Sen. Mike Duffy.

NDP's Tom Mulcair THE CANADIAN PRESS

Both Duffy and colleague Pamela Wallin claimed expenses related to Senate business while they were actually attending party events.

"The Conservative party should reimburse for the audit because it ... was made necessary because the prime minister didn't tell the truth in the Commons in February when he said there was no problem with Pamela Wallin's expenses," Mulcair said.

Mulcair vowed to keep pressure on the Senate, despite the fact Parliament won't return until October. Prime Minister Stephen Harper has signalled his intent to prorogue Parliament and open a new session with a throne speech.

"In the last five weeks ... the prime minister showed up to answer questions exactly five times," Mulcair told a gathering of NDP staffers. "By the time the House finally reconvenes, it will have been five months since he's had to answer a question."

Senate reform is likely to figure in Harper's throne speech. THE CANADIAN PRESS

Calgary airport

Immaculate drug disguise found out

A border services agent dug deep this month to find five kilograms of opium hidden in coffee carafes at the Calgary International Airport.

The carafe bottoms were removed, the drugs inserted and the bottoms rewelded. The carafes were then placed in boxes, covered by plastic wrap and heat-sealed. THE CANADIAN PRESS

Vancouver

City accidentally hires Hells Angel

The City of Vancouver is reviewing its hiring practices after a member of the Hells Angels was hired as a garbage collector. But routine criminal-record checks on employees might not be in the cards. The city manager noted that such workers have no contact with kids or valuable information or inventory. THE CANADIAN PRESS

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Minority accommodation.
PQ plan to ban religious symbols gains steam

The Parti Québécois plan on minority accommodations took a big step toward becoming a reality as the party that likely has the swing vote in the legislature backed major parts of it Monday.

Coalition Leader François Legault said judges, police officers and elementary and secondary school teachers should be restricted from wearing religious symbols like veils, hijabs and turbans.

Legault's vote is key because the Parti Québécois has only a parliamentary minority and needs support from one of the two main opposition parties to pass legislation.

Premier Pauline Marois expressed pleasure at the news.

"I'm happy Mr. Legault is ready to discuss and debate this," the PQ premier said Monday. She was asked about the subject during a news conference where she offered details about a $60 million reconstruction fund for the devastated town of Lac-Mégantic.

"I hope we have a serene, harmonious debate so that we can collectively draw some conclusions that allow us to live better together. That's what we want."

The Coalition's position doesn't go quite as far as the PQ's.

Medical professionals and daycare workers would be exempt under the CAQ proposal. So would public-sector workers who don't hold a position of authority. THE CANADIAN PRESS

Majority in favour

57%

A poll released Monday said 65 per cent of Quebec's francophones, and 57 per cent of the overall population, agree with the idea. Just 25 per cent of anglophone respondents said they agree.

Activists leave Russian waters after alleged threats

This image made available by environmental organization Greenpeace shows the Greenpeace ship Arctic Sunrise entering the Northern Sea Route off Russia's coastline to protest against Arctic oil drilling on Saturday. WILL ROSE/GREENPEACE/THE ASSOCIATED PRESS

Choppy waters ahead.
Greenpeace's plan for a peaceful protest upended after gunfire threats, says Canadian crew member

A Greenpeace icebreaker that entered Russia's Arctic without permission to protest offshore energy exploration is leaving after being threatened with gunfire by that country's coast guard.

"It was repeated several times in open conversation that they were threatening that if we didn't leave the Northern Sea Route that they would fire on our ship," Christy Ferguson, a Canadian crew member on the Arctic Sunrise steaming back to Norwegian waters, said Monday.

Russian officials weren't immediately available for comment. The vessel entered Russian waters Friday to witness and protest offshore energy exploration in that country's north. THE CANADIAN PRESS

Thorny topic

While Greenpeace did back down eventually, it didn't leave empty handed, shoring up support for its cause and shining a spotlight on offshore energy exploration by Russia.

- Despite not being able to observe the seismic activity and carry out their protest, Christy Ferguson, a Canadian crew member on the Arctic Sunrise, said the trip was revealing. "We came here to expose preparations for oil drilling and what we ended up exposing was that, and something else — the efforts of the Russian authorities to defend oil interests."
- The Arctic Sunrise is registered in the Netherlands and the Dutch government has expressed support.

Acts of mischief

People dressed as zombies for protest go rogue

Police in Kingston are seeking a horde of badly-behaved zombies after several incidents during a protest march of oil pipelines in the Kingston, Ont., area. THE CANADIAN PRESS

Quebec train tragedy

Lac-Mégantic's sister city collects books for town

A library destroyed when a runaway train exploded in Lac-Mégantic, Que., is getting a helping hand. Libraries in Maine are collecting donations to help rebuild the one in Quebec. THE ASSOCIATED PRESS

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Egyptian bakers prepare croissants at a bakery on a Cairo street on Monday. In recent days, violence in the city appears to have abated, prompting authorities to announce that they would shorten a nighttime curfew by two hours.

MARWAN NAAMANI/AFP/GETTY IMAGES

Crisis in Egypt also dividing Egyptians living in Canada

Ideological fractures. Even in Toronto, passions are high among those with ties to the turmoil abroad

The same complex ideological fractures colliding in Cairo are creating deep divisions among Egyptians in Canada. Few can pull themselves away from the news, and fewer can speak dispassionately about who they believe is to blame for the tangled mess tearing their home country apart.

"Egyptians here are just as divided as they are in Egypt," said Mohammad Fadel, a law professor at the University of Toronto, who said screaming matches have broken out at local mosques due to the "hysteria" gripping Egyptians.

The deadliest civil unrest in 60 years has so far claimed the lives of 1,000 people, including about 100 soldiers and police.

TORSTAR NEWS SERVICE
WITH FILES FROM THE ASSOCIATED PRESS

Manitoba. Premier stands by deputy in controversy over 'white people' remark

Manitoba Premier Greg Selinger rejected opposition demands Monday to reprimand his deputy premier, who referred to the "ignorance of do-good white people" in an email.

Eric Robinson, who is aboriginal, has already apologized for the remark and will remain in cabinet, Selinger said.

"He's staying in cabinet because he's done a good job on the issues that he's been responsible for," Selinger said.

The Opposition Progressive Conservatives have been calling for Robinson's resignation since the comments came to light last week. They are contained in an email Robinson wrote to a government staff member about a burlesque show to raise money for the Osborne House women's shelter.

Robinson wrote that the event demonstrated "the ignorance of do-good white people without giving it a second thought."

Robinson, who is also the minister responsible for aboriginal affairs, repeated his apology Monday. But he stood by his belief that a burlesque show was an inappropriate way to fundraise for a women's shelter and suggested he has a right to express his feelings.

The CEO of Osborne House, Barbara Judt, has filed a complaint with the Manitoba Human Rights Commission. THE CANADIAN PRESS

Quoted

"I think I'm entitled to say that because I experienced racism first-hand."

Manitoba Deputy Premier Eric Robinson

Which came first?

Ontario man plays chicken with police, lays eggs full of cocaine

Police believe a man may have intentionally got himself arrested after he laid a few eggs full of cocaine in a Windsor, Ont., jail cell.

Police arrested the man Friday for breaching court-ordered conditions while drunk at a Tim Hortons. Officers found two plastic blue eggs in his possession, each containing a powdery "cocaine-like" substance.

The suspect was taken to police headquarters and placed in holding. When officers went to check on him, they discovered four more eggs in the cell's toilet. The eggs also contained the same powder.

Police believe the suspect may have wanted to get arrested, so that he could smuggle the drugs into the county jail. He has been charged with breaching conditions and possession for the purpose of trafficking.

LUKE SIMCOE/METRO ONLINE

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Thai police crack down on nitrous oxide balloons

Bangkok. Authorities arrest vendors who are selling laughing gas in backpacker district

Thai authorities are cracking down on vendors in Bangkok's main backpacker district selling cheap doses of balloons filled with nitrous oxide, or laughing gas, to tourists.

Eight vendors have been arrested since police first noticed the trend a few weeks ago along Khao San Road, a pedestrian street lined with bars and cheap hotels, police Lt. Col. Pitiphan Kridakorn said Monday.

Each dose sells for about 130 baht, or $4.30. Pitiphan said the sale of drug-filled balloons started in popular beaches, such as Koh Samui, Pattaya and Koh Pagnan — an island known for "full moon" parties fuelled by drugs and alcohol.

He said police are trying to curb sales of the drug-filled balloons in the capital before it gains wider popularity.

THE ASSOCIATED PRESS

Balloons filled with laughing gas are being sold to tourists in Thailand, and police are trying to halt the trend before it spreads. GETTY IMAGES FILE

Side effects

- Illicit sales of nitrous oxide could cause harmful side effects to users and give the country a negative image, said a Thai police official.
- Those arrested face up to five years in prison and a fine of more than $300 for selling medicine without authorization.

N.W.T. Resource projects facing labour shortage

Finding skilled labour will be a challenge as major resource projects move ahead in the Northwest Territories, said the territorial minister in charge of energy and mining.

The territory will need around 3,000 new workers, with several new mines set to open over the next eight to 10 years, David Ramsay said Monday in Yellowknife.

"With our remote location (and) the cold weather, it may be difficult for us to attract people to live in the Northwest Territories, but we are going to put our best effort into that," he said.

Some smaller aboriginal communities in the Northwest Territories have a 30 to 40 per cent unemployment rate, so there's a big need for training programs geared toward the jobs that will be coming, he said.

Energy ministers from across Canada are holding their annual meeting in Yellowknife this week. Ramsay said he'll talk to his counterparts about the idea of a made-in-the-North pipeline, which could enable crude to be exported on tankers from the Beaufort Sea or from the Alaskan port of Valdez.

THE CANADIAN PRESS

A man stands at the edge of Alexandra Falls on the Hay River in the Northwest Territories last week. The idea of a made-in-the-North pipeline is being floated at a meeting of energy ministers in Yellowknife. SEAN KILPATRICK/THE CANADIAN PRESS

Mobile

Broadcaster orders BlackBerry Q10 smartphones

Smartphone maker BlackBerry says it has received an order for 2,000 new keyboard smartphones from Hispanic broadcaster Univision Communications. The company says the order for the BlackBerry Q10 devices will upgrade all of the BlackBerry phones used by employees at Univision, which is one of the largest broadcast networks in the U.S. THE CANADIAN PRESS

Market Minute

DOLLAR
95.21¢ (- 0.02¢)

TSX
12,760.30 (-2)

OIL
$105.92 US (-50¢)

GOLD
$1,393.10 US (-$2.70)

Natural gas: $3.50 US (+2¢)
Dow Jones: 14,946.46 (-64.05)

WHEN WE GO TOO FAR WITH FOOD

SHE SAYS

Jessica Napier
metronews.ca

Our relationship to food is beyond sustenance. We photograph it, tweet about it and obsess over what it looks like and where it comes from.

In North America, we are living in an era of food-as-spectacle; celebrity chefs have been elevated from kitchens to red carpets while the rest of us fanatically share our own food porn across various social media sites. The Food Network airs Olympiad-like programming 24 hours a day to determine who can decorate, create and consume various different foods in the fastest possible time.

Our collective obsession with good cuisine is rivaled only by our masochistic obsession with conquering outrageously bad food. From Kentucky Fried Chicken's Double Down to Taco Bell's new Breakfast Waffle Taco, it seems there is just no limit when it comes to sandwiching calorie-heavy foods around each other and attempting to digest the result. We've pushed the boundaries of acceptable food combinations beyond the limits of good taste (literally) and are now just making ourselves sick in the name of extreme consumption.

One such culinary hybrid got the best of intrepid eaters in Toronto last week when the Canadian National Exhibition's must-try food of the season sent 150 people heaving over their toilet bowls with serious gastrointestinal issues. The culprit was a disgusting-sounding Cronut Burger consisting of a beef patty and processed cheese sandwiched between two sugary cronuts, a fusion croissant-doughnut popularized by Dominique Ansel Bakery in New York City. Even looking at a photograph of the monstrous carnival snack is enough to give anyone food poisoning by proxy.

And if the Cronut Burger is the ultimate example of low-brow dietary disaster, then Ray & Stark Bar's elitist new water menu lives on the other end of the spectrum when it comes to conspicuous culinary trends.

The Los Angeles-based restaurant recently introduced a 45-page leather-bound water menu, which boasts over 20 varieties from around the world to try by the bottle or as a tasting flight. That's right, dinner patrons can fork over $12 to sample a selection of bottled waters served in three-ounce tasting glasses. There's even a water expert on hand in case you need some guidance in deciding what brand of H2O pairs best with your pretentiousness.

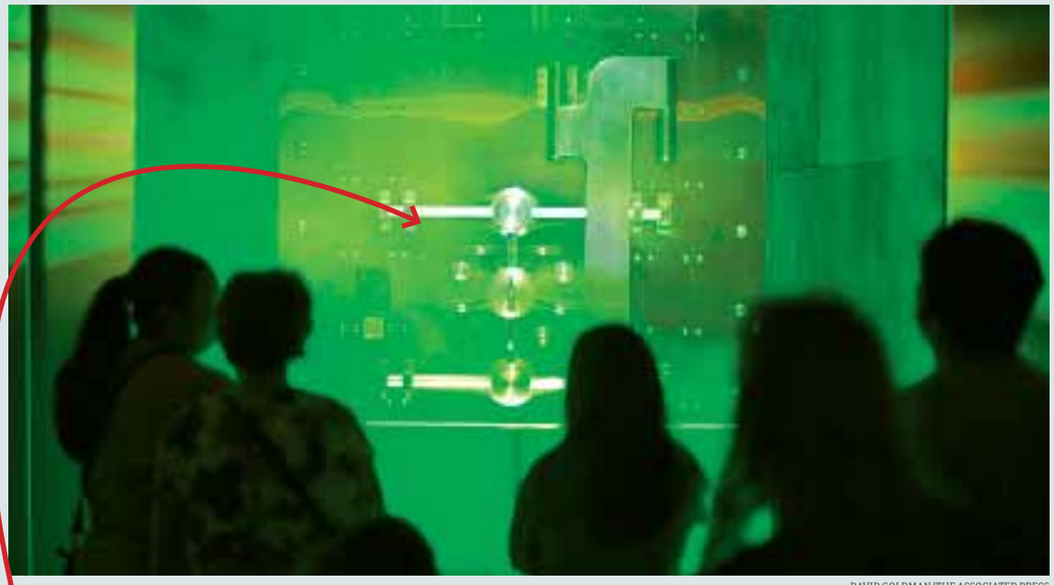
Enough is enough everyone; we've taken foodie culture too far. I do not want to live in a world where people pay more than the hourly minimum wage for nine ounces of water or where experimental eaters routinely gorge themselves on highly processed gastronomic abominations.

All of this excess is making me sick to my stomach.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

You think Coke's formula is unchanged?



DAVID GOLDMAN/THE ASSOCIATED PRESS

Major brands play up false notion of sacred recipes

Coca-Cola keeps the recipe for its 127-year-old soda inside an imposing steel vault that's bathed in security lights. Several cameras monitor the area to make sure the fizzy formula stays a secret.

"It's a little bit for show," concedes a guard at the World of Coca-Cola museum in downtown Atlanta, where the vault is revealed at the end of an exhibit in a puff of smoke.

The ability to push a quaint narrative about a product's origins and fuel a sense of nostalgia can help drive billions of dollars in sales. It's why companies such as Coca-Cola and Twinkies' owner Hostess play up the notion that their recipes are unchanging documents that need to be closely guarded.

THE ASSOCIATED PRESS

In the 1980s...

- Coca-Cola and PepsiCo switched from sugar to high-fructose corn syrup, a cheaper sweetener. The companies last year also said they'd change the way they make the caramel colouring to avoid having to put a cancer warning label on their drinks in California, where law requires such labels for foods containing carcinogens.

Twinkie, twinkie little switch

This summer, Twinkies made a comeback. At the time, the new owners promised they would taste just like before.

But a box of Twinkies now has a shelf-life of 45 days, almost three weeks longer than the 26 days from a year ago. That suggests the ingredients have been tinkered with, to say the least.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Among the many reasons to love living in the modern age is the infinite entertainment, wisdom and learning available in podcast form on the iTunes store. If you're the type to leave your cellphone on the bathroom counter as a shower radio, these three subscriptions are among the most reliable brain food you'll find to feed that insatiable appetite.

JOSE SILVA/FLICKR

The Body Sphere:

An unfailingly fascinating Australian radio show that examines our bodies and the way we use and abuse them. Recent episodes include a surgeon's perspective on a liver transplant and testing the Paleo diet theory that modern life is wreaking havoc on our primitive systems.

Love + Radio:

Two ways to dip your toes into an unfamiliar topic are to have an expert teach you about it or get a first-hand account from somebody who lived through it. L+R takes the latter approach by using deep one-on-one interviews with people who have endured or enjoyed odd life experiences you have to hear to believe.

Pop Up Ideas:

Tim Harford smoothly hosts this BBC program that delivers bite-sized lessons on how economics, philosophy and other social sciences shape the world we live and work in.

Twitter

@metropicks asked: Zurich will open drive-in sex boxes for safer prostitution. What would be in a Canadian 'sex box'?

@Medros: maple flavored condoms? prostitutes offering poutine on the side? lol I have no idea

@xRapunzalx: bacon!!

@Canucklehead_ca: Bacon, cold beer, two orders of poutine, a TV tuned to HNIC, government provided Viagra & an apology note.

@JacksActII: Info about treating sex trade workers with respect, the struggle for dignity, safety (for all), mutual boundaries

@lester04: maple syrup lube, a complimentary toque, and poutine to send you on your way afterwards.

@Shmingers: Wool socks, doughnuts, and an oar.

@_J_T_V_: a North of 60 DVD box set

Follow @metropicks and take part in our daily poll.

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Send us your comments: reginaletters@metronews.ca

metro

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All hail the Queen

Daytime TV.
Queen Latifah takes grassroots approach to her new talk show

Can Queen Latifah be the next Oprah? Find out when her talk show debuts this fall. CONTRIBUTED

She's reviewed the research, and heard from the focus groups, but Queen Latifah is relying on a different source to help discern what may — or may not — get fickle viewers to tune into her show this fall.

She's been talking to her aunts, her cousins as well as people on the street, "people who don't have that much money in their pockets at all," Latifah says, to find out what they are interested in.

"I am a TV watcher; I come from a TV watching family," says the newest celebrity to throw her name-recognition into the daytime talk show ring.

"I love to be entertained, so I sit and watch a lot of the talk shows. I watch Ellen. I watch Maury. I watch Fallon. I watch TV and I want to create things that I want. I consider myself a viewer."

In the rush to fill the Oprah-void over the last couple of years, a number of shows were programmed into the daytime schedules only to find themselves viewer-anaemic and wasting away on the schedule. It was a reality Latifah said she wanted to avoid.

"You kind of knew that was going to happen, that there was going to be a big rush into the field, and some thrived and survived and some did not," said the Oscar-nominee who had a short-lived talk show that premiered in 1999.

"Audiences got to decide what they wanted."

Audiences, hopes the Queen, will decide on her this time.

When talking about her dream guest, Latifah couldn't come up with just one name.

"I don't think there is a dream guest," she said. "I think the dream guest is who the audience wants to see. It's not just the A-lister or the president — any of those amazing people.

"But for me, the dream guests … are the regular people doing amazing and extraordinary things who you don't know but make for great television.

"The strength of the team that we have … is to be able to think on our feet and be able to do things as they happen in real life," she added. "I just want to give them a place where they can chill, open up and be real."

To fulfil her goal, Latifah said she wants to avoid the pitfalls of a highly structured show. The Grammy winner doesn't want to be mired down by a set format.

"My whole career has been based on not necessarily doing what everybody else was doing, and doing what I felt. I want to keep it open," said Latifah. "I will be keeping in touch with my audience. We will catch up."

And perhaps even sing. While Ellen dances, Latifah may just corner daytime TV's musical quotient. "Music is part of my life. Obviously I wouldn't be where I am today without music, so music will be of great importance to the show."

METRO

Also returning

Arsenio Hall — get ready to 'woot' again

Arsenio Hall

Arsenio Hall, whose first talk show aired from 1989 to 1994, returns weeknights on Omni starting Monday, Sept. 9.
METRO

Ladies first

The Queen Latifah Show premieres Sept. 16 on Global.

- **Competition.** Queen Latifah's biggest competition to this season's talk-show throne may be a former Housewives star. Bethenny Frankel, purveyor of Skinny-girl products and a former cast member of The Real Housewives of New York City, will premiere her show, Bethenny, on CTV starting Monday, Sept. 9. It is executive produced by talk-show maven Ellen DeGeneres.

Frankel

- **The Social.** Also entering the daytime arena is CTV's original production The Social, featuring Melissa Grelo, Lainey Lui, Cynthia Loyst and Traci Melcher. As its name suggests, the show will use social media and text messaging to probe viewers for opinions on the latest in news and popular culture while the ladies have their own round-table discussion à la The View. It premieres Monday, Sept. 2. METRO

DVD reviews

The Great Gatsby

Director. Baz Luhrmann

Stars. Leonardo DiCaprio, Carey Mulligan, Tobey Maguire

●●●○○

Aussie director/showman Baz Luhrmann is in his element whenever the lens turns towards the opulence of F. Scott Fitzgerald's Jazz Age prose: jewelry by Tiffany, clothes by Prada, Miu Miu and Brooks Brothers, cars by Rolls-Royce and Duesenberg, anachronistic hip-hop curated by Jay-Z. What's missing is genuine drama. Leonardo DiCaprio is the right man to play Gatsby, possessing the same earnest desire to please and determination to succeed as Fitzgerald's 1920s striver. It's a marvel to behold him — lit him from behind with exploding fireworks in one of many great party moments — and to see how much he's matured since the youthful frolics of Romeo + Juliet, his 1996 breakthrough role and first film with Luhrmann. We're also reminded of what this movie could have been, had Luhrmann taken a few risks and not let Fitzgerald to do all the dramatic thinking. Carey Mulligan drags as Daisy and Tobey Maguire numbs as Nick.

Still Mine

Director. Michael McGowan

Stars. James Cromwell, Ronan Rees

●●●●○

Toronto writer/director Michael McGowan (One Week, St. Ralph) attentively observes a love tested by infirmity and bureaucracy, becoming all the stronger for it. Pairing James Cromwell and Geneviève Bujold in memorable roles, this small marvel of a film is based on a true story of a Maritimes senior who breaks zoning rules to build a dream home on his own land for his ailing wife. He's not going to let red tape stop him from doing the right thing. Still Mine is essentially a two-hander, gorgeously filmed in New Brunswick (and also Northern Ontario).

PETER HOWELL

Selena Gomez. ALL PHOTOS GETTY IMAGES

Curious about George: Selena's heart beats for baby faces no longer

Bad news for Justin Bieber: Selena Gomez's taste in men is maturing. The 21-year-old singer and actress, who has been striving for a mature, grown-up image, tells Us Weekly that her celebrity crush is following suit. "Well, I once said Logan Lerman, but now it's George Clooney," she says. That can't bode well for her on-again, off-again boyfriend, the more Lerman-like Bieber.

Duchess Sarah "Fergie" Ferguson

A royally romantic reunion? Fergie and former hubby may re-hitch

Sometimes it's not too late to save a romance. Duchess Sarah "Fergie" Ferguson and ex-husband Prince Andrew are reportedly getting back together 17 years after they first split up, according to the Sunday Telegraph. "Mark my words, they will remarry. It is only a matter of time," a source close to Fergie and Andrew says. "It wouldn't surprise me at all. They are a wonderful couple together and, better still, pretty amazing parents." The two have remained close since divorcing in 1996, working together to raise their two daughters.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The VMAs: Wherefore art thou Biebs?

PAT HEALY
Metro World News

Now that I've had a full day to let the clusterf— that was this year's VMAs sink in (and to recover from the 24-hour hangover brought on by the magnum bottle of wine required to get through the thing), I have some questions. So many questions (not the least of which is why they still carry on with this charade at all — next year let's just have a Best Knocked Up Teen Baby Bump Awards and call it a day).

And here's the first question: Where was Justin Bieber?! I can't be the only one who thought his dopey, overly-coiffed absence was conspicuous. You guys, I DO NOT THINK HE WAS INVITED. I think that Justin Bieber's 2013 Video Music Awards invitation was lost in the mail.

My God, if this isn't the swiftest fall from grace since Lindsay Lohan nose-dived her career into a big pile of cocaine and regret, I don't know what is. Wasn't the little tyke the unofficial star of last year's show? I repeat: I do not think that Justin Bieber was present at or even invited to this year's VMAs.

If he was, you wouldn't know it from MTV's coverage of the debacle, which was apparently expressly designed to give viewers alternate play-by-plays of exactly what the Smith family and Taylor Swift made of the whole thing.

Don't get me wrong, I'm not mad at this. Moderately amused, at best.

But if, as I suspect (hope), the Biebs was really not at the VMAs, I wonder what he spent Sunday night doing instead. I personally like to imagine that he watched an edited tape of the show his camp had doctored to feature clips of his old performances, in his coziest underoos from atop a throne made of Twizzlers and soiled tube socks. But that's my issue.

Cruise control: Was there a pre-Holmes tryout to be Tom's bride?

Tom Cruise

A Norwegian woman claims that she secretly underwent an audition for the Church of Scientology to be Tom Cruise's wife before he ended up marrying Katie Holmes, according to Australia's Women's Day. Anette Johansen says she was approached by a member of the controversial church to film a video about her disaster relief work following the 2004 tsunami.

"They asked me so many questions about my life, my background, everything I'd ever done in Scientology. There was a lot of talk about Tom Cruise," she says. Johansen says she didn't figure out the true purpose of the "extremely weird" audition until she read former Scientologist Paul Haggis' article in the New Yorker about the Church's hunt for a new Mrs. Cruise. "It was exactly the same time. Every little detail was the same," she says. "There is no doubt that I was auditioned to be Tom's wife." And Marc Headley, the former Scientologist — who claims he was in charge of putting together a reel of women for Cruise to review — says she's right. "Anette was auditioning for Tom Cruise," he says. "Those were the exact same questions they were asking the other girls. This girl had to be perfect in every way."

'N Sync

It ain't no lie, baby bye bye bye: The truth remains, 'N Sync is gone

Fans of 'N Sync who thought the band's reunion at the MTV Video Music Awards might just be the beginning, don't get your hopes up. It was a one-night-only kind of reunion, Joey Fatone's dad tells Radar Online. "People are hyping this as to mean like next month they'll go on tour, but there's been no talk of it," Joseph Fatone Sr. says "Yes there are still fanatical fans who hope for one day that 'N Sync will get back together, but the truth is that they are all doing their own thing now."

Twitter

@TheRock
It may be that "WTF hour?", but you gotta set the tempo for the work week. 4:30am. Budapest. AM cardio starts now..

@Oprah
When I was 22 I first went to Hotel du Cap Ferratt with a friend who had a trust fund. I was making 22k and couldn't afford a croissant!

@AlbertBrooks
Alan Thicke and Billy Ray Cyrus now under genetic arrest.

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Sustain seasonal mindsets

ROMINA McGUINNESS
life@metronews.ca

Snowball your credit card debts: Prioritize high interest rates

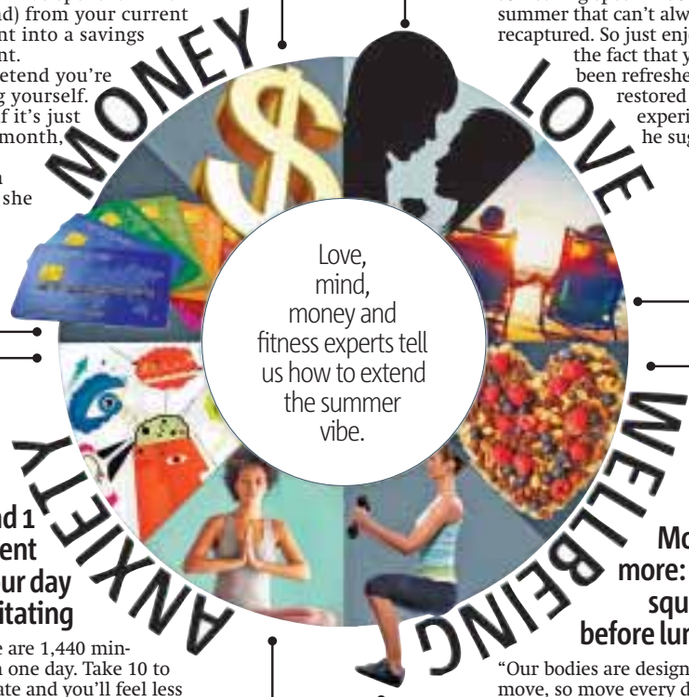
"People overspend on their credit card abroad because it doesn't feel like real money. Then their statement comes in, and it's a shock," says Jasmine Birtles, founder of Money Magpie. List your debts according to how expensive the interest is. "It doesn't matter how much you owe, pay the minimum back on all of them, except the one with the most expensive interest. Make that one your priority, paying back as much as you can each month," she says.

Pay yourself a salary

"If you can afford to go for a drink, then you've got the money to save," Birtles tells Metro.

For extra cash, she recommends you set up a standing order at the beginning of each month (you'll have spent it all at the end) from your current account into a savings account.

"Pretend you're paying yourself. Even if it's just $50 a month, that's $600 a year," she notes.



Sex is passive: Learn to let go of lust

"Working is active and sex is passive in that it's something that happens to you. When you're aroused, you don't want to do anything especially productive," sex therapist Stephen Snyder tells Metro.

"You can still have great sex in the fall, but there's something special about summer that can't always be recaptured. So just enjoy the fact that you've been refreshed and restored by the experience," he suggests.

Connection, not penetration, is the key to great sex

According to Snyder, people feel most alive when they're on holiday, and part of the grief of coming home is that you have to give up that feeling.

To cultivate arousal (when you don't have the time or energy for sex) try "simmering," a technique that helps keep erotic feelings alive and preserves a couple's sexual bond.

"To simmer, spend two minutes staring into each other's eyes and breathing in unison. There should be no orgasms, no stroking and no heavy breathing — just stillness," he explains.

Let your mind settle into your body

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Spend 1 per cent of your day meditating

"There are 1,440 minutes in one day. Take 10 to meditate and you'll feel less stressed, less tired, and less anxious," says Andy Puddicombe.

"A healthy mind is the lens to a healthy life."

Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Move more: Do squats before lunch

"Our bodies are designed to move, so move every day. It doesn't have to be strenuous," says Duigan, who trains model Rosie Huntington-Whiteley and is the co-founder of Bodyism clinic.

Go for a walk.

"Don't just think about exercising as a way to look better. Embrace it as part of your life."

Divvy up your meals and lay off the alcohol

James Duigan, a fitness trainer, recommends eating five healthy meals a day, two of which should be smaller snacks.

"Snacking ensures you don't overeat and will also help speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hidden sugar), for things like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence)," he says.

And stay away from alcohol. "It will make you feel sluggish, bloated, and reduce your body's ability to burn fat," he warns.

Best Health

Decoding food labels

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, regular columnist Sue Mah, a registered dietitian, deciphers the nutrition claims on products. Here are some examples:

Labels that say "fat-free"
This means the food contains less than 0.5 grams of fat per serving. But fat-free doesn't always mean nutritious: some foods that are fat-free are made of unhealthy ingredients. Also, we do need some healthy fats in our diet because they help us absorb essential vitamins and minerals we get from our food.

Labels that say "no sugar added"
This means the food or drink contains no added sugars (e.g., sugar, molasses, corn syrup, etc.). But the claim does not account for the natural sugars in some foods.

Labels that say "cholesterol-free"
This means the food contains less than 2 mg of cholesterol per serving. However, since cholesterol is found only in animal-based foods, if a vegetable oil bottle or frozen fries package says "cholesterol-free," they never would have had cholesterol in the first place.

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Read those labels closely. ISTOCK PHOTOS

Salmon cakes elevate canned fish to level fancy

Wasabi-Spiked Salmon Cakes with Pickled Cucumber

This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 1 1/2 cups thinly sliced seedless cucumber
- 1 tsp grated fresh ginger
- 2 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp sugar
- 4 tbsp vegetable or canola oil, divided
- 1 cup finely chopped yellow onion
- Two 6-oz cans boneless, skinless salmon
- 1/4 cup low-fat mayonnaise
- 2 to 3 tsp prepared wasabi
- 1 cup crushed sesame flavoured thin rice crackers (about 32)

1. In a small bowl, toss together the cucumber, ginger, vinegar, salt and sugar. Let stand for 10 minutes while you prepare the remaining ingredients.

2. In a large nonstick skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 5 minutes. Transfer to a medium bowl. Reserve the skillet.

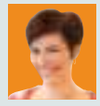
3. Add the salmon to the onion along with the mayonnaise, wasabi, crushed crackers and 1/4 cup of the liquid from the marinated cucumbers. Form the mixture into 6 burgers.

4. Return the skillet to medium-high heat. Add 1 1/2 tablespoons of the remaining oil. Add the salmon burgers to the skillet. Cook until golden, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil, turn the cakes over and cook until golden on the second side, about another 3 minutes.

5. Transfer to 6 plates and top each salmon cake with a mound of the pickled cucumber. THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Health Solutions

Out with waste



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to a recent study commissioned by KitchenAid (which has a new Preserva fridge to solve the problem simply), Canadians waste $2.5 billion each year in rotten produce. Here are the top five abused vegetables and ways to reuse them:

Lettuce
Don't open the box of greens until you can use them. The nitrogen within is modified to prevent spoilage. Add a fresh paper towel to the box each time you use to absorb water.

Bananas
Blend with protein powder and peanut butter and freeze as popsicles when they are over-ripe.

Tomatoes
Lay wilty ones on a cookie sheet and roast at 275 F with olive oil for a couple hours. Use in pasta or as a bread topping.

Grapes
Freeze for use in cocktails or consume frozen on ice cream.

Celery
Freeze and save with chicken bones and onion ends then dump into a slow cooker when you have a bagful to make stock.

It's all about controlling the ethylene gas emitted as well as the moisture from fruits and veg. Think beyond the first pretty produce into a second life. Don't waste, people. Sheesh. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Fattoush Revisited with Crab and Feta

Ingredients

- 2 tbsp (30 ml) fresh mint,
- 1/2 cup (125 ml) fresh parsley,
- 4 cups (1 l) romaine lettuce,
- 2 cups (500 ml) cucumbers,
- 2 tomatoes
- 1 cup (250 ml) mango
- 6 oz (180 g) crabmeat
- 4 oz (120 g) Canadian Feta,
- 2 tbsp (30 ml) lemon juice
- 2 tbsp (30 ml) olive oil
- 1/4 tsp (2 ml) ground sumac or cumin
- Pita bread, torn or cut into pieces

1. Prepare vegetables: chop mint and parsley, thinly slice lettuce, dice cucumbers and quarter tomatoes.

2. Peel and dice mango.

3. Shred crabmeat and dice Feta cheese.

4. In bowl, blend lemon juice, olive oil, and sumac or cumin. Add remaining ingredients. Toss and serve with pita bread. DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Spice up your scallops — and your palate — Moroccan style

Impress your guests with this Moroccan-style seafood dish in which seared scallops spiked with harissa spice sit atop a mélange of spring vegetables.

It's a dish that's fancy enough for a restaurant, but easily done at home.

These Harissa-Spiced Scallops are seasoned with a delicious spice blend. COURTESY NEWS CANADA

Ingredients

- 1 cup (250 ml) thinly sliced carrots
- 1 cup (250 ml) frozen peas
- 1 cup (250 ml) diced leeks
- 2 cups (500 ml) sugar snap peas, trimmed and halved on diagonal
- 1 pkg (400 g) PC Blue Menu Wild Nova Scotian Frozen Sea Scallops , thawed and patted dry
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) PC black label harissa spice blend
- 1/4 cup (50 ml) chicken stock

1. In a saucepan of boiling water, cook carrots for 2 minutes. Add peas, leeks and snap peas and return to a boil. Cook for 2 minutes. Drain vegetables and gently rinse with cold water. Set aside.

2. Remove and discard small side muscle from scallops. In bowl, toss together scallops, olive oil and harissa spice blend.

3. Heat large nonstick frying pan over medium-high heat until very hot. Arrange scallops, flat surface down, in a single layer in pan. Sear for 1 or 2 minutes, depending on thickness. Turn scallops over and sear for 1 to 2 minutes or until cooked through.

4. Transfer the prepared scallops to a plate and keep them warm.

5. In same pan, bring chicken stock to a boil. Add cooked vegetables and toss until hot. Transfer vegetables to a serving platter and arrange seared scallops on top. Generously squeeze lemon over scallops and vegetables.

NEWS CANADA/PRESIDENT'S CHOICE

Fighting fire with sound advice

YOUR MONEY
Alison Griffiths
money@metronews.ca

Mr. Top 10, as I'll call him, isn't a fan of mine.

"What success, (if any) have you had investing? My investments show in excess of 20 per cent average this year!! What are your top picks?"

Mr. Top 10 (MTT) went on to castigate me for recommending GICs to an elderly, nervous investor and for not offering more stock and mutual fund recommendations.

Certainly you can find a gazillion "pickers" with tremendous success in a given year.

MTT's Canadian and U.S. funds have had a very nice run and I commend him.

However, a single year isn't illustrative.

It's more important to be a well-behaved investor than focus on short-term winners.

Here's how:

Allocate your assets

Pick an asset allocation (AA) that divides your money among equities (stocks, exchange-traded funds or equity mutual funds), bonds and cash.

Don't worry if everyone says you should be heavy into the stock market because bonds and cash return little.

Next year things may be quite different.

A portfolio with cash and bonds is buffered when the market heads south. And one day interest rates will rise.

Diversify

MTT's U.S. investments have done well over eight months, but who knows what the next eight will bring? That's why it's important to diversify within the equity categories.

Don't fling money into dozens of niche sectors and all over the world.

A mix of larger company Canadian, U.S. and global stocks, ETFs or mutual funds will do you just fine.

Dollar Cost Average

Invest regularly.

No, you won't always buy at the bottom, however you reduce the risk of committing too much money at the top. Getting an average price over time is the goal here.

Rebalance

Once you've decided on an asset allocation it's critical to stick with it, even when one aspect of your portfolio is taking off.

Examine your AA annually or so and rebalance back to those percentages if they're out of whack. You can use new contributions to do this rather than selling.

The problem with Mr. Top 10's approach is that you can have the best stocks or funds at any given time, but end up with a disastrous portfolio in the long run if you don't practise good investor behaviour.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Look into the investing crystal ball. Kind of cloudy in there, isn't it? ISTOCK IMAGES

Study puts a price on friendship

Big Brothers Big Sisters. Can you put a price tag on the big-little relationship?

JESSICA SMITH
Metro in Toronto

How much is friendship worth? Advice over lunch, encouragement at a bowling alley, shared laughs at a mall?

About $315,000 in income over a lifetime, $32,154 in additional tax revenue for government coffers, and $49,819 in increased spending added to the economy, according to Big Brothers Big Sisters Toronto.

The charity, which matches youth known as "littles" with mentors known as "bigs," has always seen immeasurable results from the friends, but set out to prove its investments are worthwhile, financially.

"More and more, people who are donating to charities don't just want to write a cheque; they want to say, 'How is my money being spent and what is the result," said Sandra Downey, director of business development and communications of Big Brothers Big Sisters of Toronto.

So, Big Brothers Big Sisters Toronto recruited the consulting firm The Boston Group to help them put a price tag on the big-little relationship.

The Boston Group found 250 former "littles," now aged 25 to 65, from the organization's alumni records and a further 250 from an Ipsos Reid panel, said study author James Tucker. Another 1,000 people from similar family and economic backgrounds — generally single parent and low-income — served as a comparison group.

The people who'd had the influence of a big brother or sister growing up, on average, earned more and gave more to charity. They were more likely to report they worked in a senior leadership role at work, pursued a healthy lifestyle, are generally happy, are financially literate, make good life choices and have a strong network of family and friends.

"What I felt was really compelling about this was you can finally put a hard value around mentorship and filling a hole in a young person's life," Tucker said.

"Full (disclosure): I was a little brother," he added. "It's no surprise to me that those people felt more confident, generally happier; they had a stronger support network. Therefore, they had much higher earnings than their peer group."

Former 'littles' are experiencing the benefits of spending time with 'bigs' later in life. ISTOCK IMAGES

For Ada, 17, her three-year friendship with her mentor Tracy has had a big impact on her life. The two are heading to Montreal soon to check out McGill University, which Ada will be able to afford to attend because she earned a scholarship specifically for little brothers and sisters, which Tracy encouraged her to apply for.

"I had no means to fill out that application. I didn't even know what a scholarship was. I didn't know how much university was," said Ada. "Without her motivation and support I never would have done it."

Ada said her mom struggles with mental illness, which has made her do and say things that would hurt Ada's self-esteem, but Tracy's encouragement has helped her build it back up. "Look at me now. I'm a scholar. I'm going to be going to university, the first in my family to go to university and create a better life for my mother and I."

Former littles/control group

Employed full time. 68 per cent / 58 per cent
Average full-time salaries. $59,600 / $52,700
Volunteer for community service. 66 per cent / 43 per cent
Hours of community service per year. 95 / 73
Donate to charity. 77 per cent / 67 per cent
Average annual charitable donations. $395 / $329
Pursuing a healthy lifestyle. 80 per cent / 72 per cent
Financially literate. 81 per cent / 70 per cent
A senior leader in their workplace. 47 per cent / 32 per cent
Consider themselves a happy person. 42 per cent / 26 per cent
Strongly agree that they make good life choices. 52 per cent / 39 per cent
Strongly agree that they have a strong network of family and friends. 42 per cent / 28 per cent

Head coach Mike Babcock gives instruction to players Patrick Sharp, left, Sidney Crosby and Chris Kunitz during a ball-hockey training session at the Canadian national men's team orientation camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Bigger isn't always better for Canucks

Orientation camp. Having struggled on larger ice surfaces, Canada looking for speed and agility

Steve Yzerman still remembers what it was like in Nagano in 1998, the first Olympics with NHL players and an example of Canadian failure on the bigger, international-sized ice surface.

The time-honoured strategy of dumping the puck in and forechecking didn't work.

"You can spend a lot of time skating places and getting there just a second late, taking yourself out of the play," said Yzerman, now Canada's general manager. "It is a different game."

It was a different game at the 2006 Olympics in Turin, too, when Canada finished seventh thanks to a lack of offence and speed and the wrong mix of talent for the 200-by-100-foot rink.

San Jose Sharks defenceman Dan Boyle watched from the stands as his teammates struggled.

"It was tough to watch, it was frustrating," Boyle said. "Even though every player on that team deserved to be there and was great, sometimes you need certain things and that's where different guys come into play. I just thought we lacked some things."

Eight years removed from that debacle and four years after winning Olympic gold in Vancouver on NHL-sized 200-by-85-foot ice, Hockey Canada is determined to learn from what went wrong without abandoning its style.

"One of the critical things is to continue to play the Canadian game and not adjust to some of the spaces that suddenly arise," coaching consultant and former Edmonton Oilers coach Ralph Krueger said. "But you need to make sure that you don't change your game or make too many adjustments that will weaken what makes Canada strong."

What makes Canada strong, Yzerman and the coaching staff hope, is speed and agility. Perhaps that's part of what the 2006 group was lacking.

Judging by the comments of those in charge of making up the 2014 roster, it doesn't sound like that'll be a problem this time around.

"The team will be made up of players who can skate, think and move the puck," Oilers president of hockey operations Kevin Lowe said. "There could be a number of changes from the gold medal team in Vancouver." THE CANADIAN PRESS

Guarding the goal

Jobs between the pipes up for grabs

Canada doesn't have obvious candidates in goal for the 2014 Olympic men's hockey tournament.

Even the man who backstopped Canada to Olympic gold in 2010 doesn't assume he'll inherit the starting job in Sochi, Russia, in February.

"It's an open competition and whoever plays best deserves to be the starter," Roberto Luongo said upon arrival in Calgary for orientation camp.

"You work hard and you want to be rewarded for your efforts. If I'm going to be there, I want to deserve it."

Luongo, Corey Crawford, Braden Holtby, Carey Price and Mike Smith are the five goalies who have been summoned to Calgary for informational meetings at this week's orientation camp.

THE CANADIAN PRESS

US Open

Bouchard and Dancevic get past opening round

Canadians Eugenie Bouchard and Frank Dancevic won opening matches within seconds of each other to advances into the second round of the US Open on Monday.

Bouchard, of Montreal, Que., managed to find a way past Czech Karolina Pliskova 4-6, 6-4, 7-5 to win in her US Open main draw debut. Dancevic, a product of Niagara Falls, defeated Robin Haase of the Netherlands 7-6(5), 3-6, 7-5, 7-6(7).

Milos Raonic begins play on Tuesday against Italian qualifier Thomas Fabbiano.

THE CANADIAN PRESS

Basketball

Four NBAers crack Canadian squad

Cleveland Cavaliers power forward Tristan Thompson will lead Canada's men's basketball team at the upcoming FIBA Americas Championship in Venezuela.

Thompson is one of four NBA players on the team, which also includes Miami centre Joel Anthony, San Antonio point guard Cory Joseph and Orlando forward Andrew Nicholson. It's the first time Canada has had four NBA regulars on its team in a FIBA competition.

THE CANADIAN PRESS

MLB

Dickey brings A-game vs. Yanks

R.A. Dickey picked up his 10th win of the season and slugger Edwin Encarnacion drove in a pair of runs as the Toronto Blue Jays kicked off a six-game homestand with a 5-2 win over the New York Yankees on Monday night.

THE CANADIAN PRESS

Coach sounds off

"I know you're not makin' the playoffs. I get it, but please look like you care."

Don Cherry took the Blue Jays to task on Twitter for having fun in the dugout while losing to the Astros over the weekend.

Horoscopes

♈ Aries
March 21 - April 20
You will find favour with colleagues and employers over the next few days but it is up to you to make something of it. Let them know you want to work as part of a team.

♉ Taurus
April 21 - May 21
You want to get away, so what's stopping you? Get out of that nine-to-five mindset and start making plans that take you to new places — as far away from where you are now as possible.

♊ Gemini
May 22 - June 21
There will be a clash of egos today and it has been coming for quite some time. Say what you have to say, but don't forget you have to work with this person every day.

♋ Cancer
June 22 - July 23
You must be honest about your feelings, even if it makes you feel vulnerable. You actually have nothing to worry about. The responses you get from loved ones will confirm they are very much on your side.

♌ Leo
July 24 - Aug. 23
Money issues may be front and centre now but in the greater scheme of things they are somewhat trivial, so don't fuss about them too much. It's love that makes the world go around, not dollars and cents.

♍ Virgo
Aug. 24 - Sept. 23
Friends will deny you nothing over the next few days, so you might as well ask for what pleases you most. Bear in mind though that one day they may ask something similar of you, so don't be too outrageous.

♎ Libra
Sept. 24 - Oct. 23
Treat others the way you'd like to be treated. That's good advice any time but never more so than now as the words you speak and the actions you take will have huge repercussions.

♏ Scorpio
Oct. 24 - Nov. 22
If you play with fire, you must expect to get burned. You may have thought you were going to get away with something but today's events will awaken you to reality. Causes always, but always, have consequences.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to be in one of those moods where money is no object, despite the fact that your resources are low. If you do spend too much, don't be too hard on yourself.

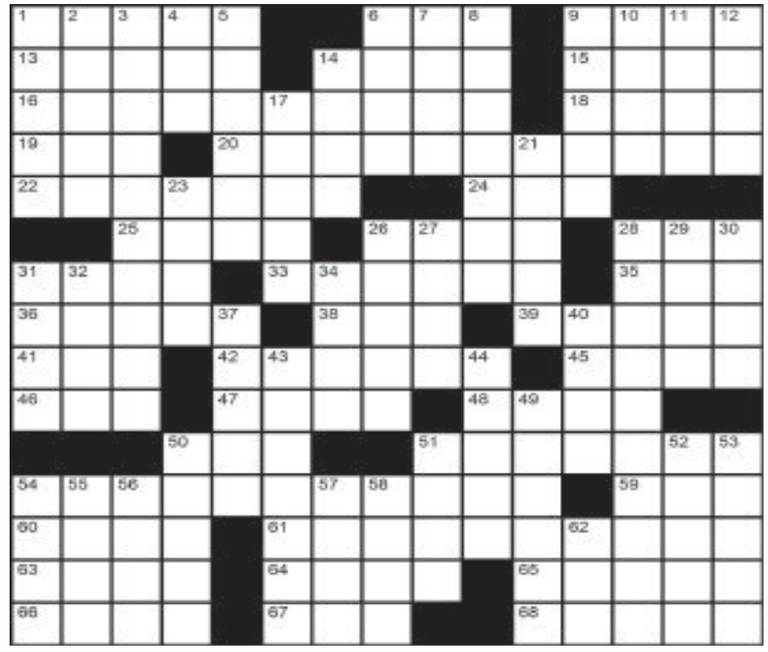
♑ Capricorn
Dec. 22 - Jan. 20
You need to be with people who excite you mentally. There are so many superficial people out there — identify them and give them a miss.

♒ Aquarius
Jan. 21 - Feb. 19
Whether you're a realist or a dreamer, you will have to make some no-nonsense choices today. Your heart may be in the right place but if your head is on another planet you won't achieve much.

♓ Pisces
Feb. 20 - March 20
The Sun opposes your ruler Neptune today, which among other things suggests that someone will challenge the way you look at the world. Don't let them put doubts in your mind. The world is what you want it to be. SALLY BROMPTON

Crossword: Canada Across and Down

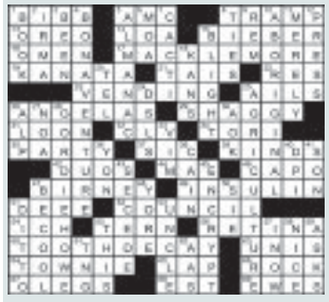
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Briefly summarize
6. "__ Wolf" (1947)
9. Apple variety
13. "...and forgive __ __ trespasses..."
14. Mr. LaBeouf
15. The Drifters hit: "__ the Roof": 2 wds.
16. Wild West transport
18. Whispery word
19. Ship signal
20. East Coast exports: acr. + word
22. Choices
24. Half of Ms. Gabor
25. Mannered man
26. Nevada 'aliens site', __ 51
28. Feasted
31. Glum
33. Father of New France, __ de Champlain
35. Prospector's find
36. Late night's Mr. Ferguson
38. __ Gatos, California
39. Donald Duck nephew
41. "Bad Moon Rising" gr.
42. Seaport of Italy
45. Curves
46. Bad guy
47. Basilica part
48. Recreation spot, in Quebec
50. Egyptian cobra
51. Revere
54. Burnaby, BC born musician from an eponymously-titled Band: 2 wds.
59. __ Beach, Hawaii
60. "What's __ for me?": 2 wds.
61. Art __ (b.1912 - d.2010, Radio/TV host in The States from Moose Jaw)
63. __-Flush
64. Pasturelands
65. Montreal's __-Dame Basilica
66. Canadian politics channel
67. 'Persist' suffix
68. Fall fabric

Down
1. 1904 to 1905: __-Japanese War
2. Impede, in law
3. CCG = Canadian __ __
4. Pre-Sept. month
5. "That '70s Show" actress Laura
6. Bloke
7. Puerto's follower
8. Classic five dice game
9. Dr. Sanjay __ (CNN's Chief Medical Correspondent)
10. Lhasa __ (Small dog)
11. Shake off
12. New Wave's Adam and The __
14. Kate Bush song: "And __ __ Love"
17. Loonie parts
21. "__ __ of you are aware..." (Manager-to-staff speech opener)
23. Yesterday, in Italy
26. Arcade game, Whac-_-__
27. Sly tactic
28. Fork, in a Montreal restaurant
29. Julia Roberts' actor brother
30. Kiki and Sandra
31. Gladiator's 800
32. Killer whale
34. The __ (Famous mountains)
37. Grind teeth together
40. Rowboat needs
43. Qu'__ Valley (Region of southern Saskatchewan)
44. Thread holder
49. Enthusiastic
50. House's accessed-by-ladder spot
51. Bowl-shaped pans
52. Gladys Knight & The Pips hit: "If _ __ Your Woman"
53. Peeled
54. Catchall category [abbr.]
55. Have _ __ (Zzzzz...)
56. Ms. Turner
57. Vienna, to Austrians
58. Fly type
62. __ truck

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		5				1		7
	7	6	2		5	3	4	
2								5
			8		7			
	5			4			9	
			5		1			
7								4
	9	2	6		4	8	3	
6		3				2		9

Yesterday's Sudoku

2	1	3	7	4	8	9	6	5
5	9	4	2	3	6	1	7	8
6	8	7	1	9	5	2	3	4
8	7	5	3	1	4	6	9	2
1	3	9	6	8	2	5	4	7
4	6	2	5	7	9	8	1	3
3	2	8	9	6	7	4	5	1
9	4	1	8	5	3	7	2	6
7	5	6	4	2	1	3	8	9

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